

# SWEET POTATO-CARROT TSIMMES

## Vegetable/Fruit

Ingredients	93 servings	
	Weight	Measure
* <b>Sweet Potatoes, Canned</b> , drained	13 lbs 8 oz	3 No.10 cans
* <b>Plums, Pitted, Dried</b>	2 lb 6 oz	1½ quarts
Carrots, Fresh, peeled, cut	3 lb	2¼ quarts
Honey	2 lb 4 oz	3 cups
* <b>Oil</b>	.....	1½ cups
Ground Cinnamon	.....	1 Tbsp
Ground Ginger	.....	2 tsp

## Directions

1. Drain sweet potatoes.
2. Arrange 1½ cans of sweet potatoes in each oiled 12" x 20" x 2" baking pan; set aside.
3. Place plums and carrots in pot or steam kettle. Cover with water and simmer for 15 minutes, until tender.
4. Drain plums and carrots and arrange among sweet potatoes.
5. Combine honey, oil, cinnamon, and ginger in a saucepan and simmer until mixture is bubbly and thick.
6. Drizzle mixture over prunes, carrots and yams.
7. Bake uncovered in a 350°F preheated conventional oven for 25 to 30 minutes.

\*Commodities are in **Bold**.

**Serving:** ½ cup  
**provides** ½ cup vegetable/fruit

**Yield:** 2 pans

**Nutrients Per Serving**

Calories	364	Saturated Fat	1.3g	Iron	2.4mg
Protein	3g	Cholesterol	0mg	Calcium	50mg
Carbohydrate	76g	Vitamin A	1855RE	Sodium	68mg
Total Fat	7g	Vitamin C	18mg	Dietary Fiber	5g

*Sweet Potato-Carrot Tsimmes recipe provided by Allen Canning Company  
This recipe has not been standardized by USDA.*

